BRONZE CROSS (20H)

10 Sessions

		Course											
Item	Description	1	2	3	4	5	6	7	8	9	10	Exam	Total
0	Administration	10				10					10		30
1	The Lifesaving Society	5			5				5				15
2	Non-fatal drowning	10				10		10					30
3	Shallow water blackout		10				10		10				30
4	Assistant lifeguard roles and responsibilities			20			20			20			60
5	Communication	15	15		15		15	15		15	15		105
6	Two-rescuer removals		15	15		15			15		15		75
7	Surface dives and underwater swims			15			10	15					40
8	Team search	20			10				10				40
9	Two-rescuer drowning resuscitation		15		15			15		15			60
10	Spinal injury management	20	20		20		20		20		20		120
11	Object recovery and transport		10		10		10		10	10			50
12	Rescue drill : recover submerged victim			10			10			10			30
13	Endurance challenge		15			15			15				45
14	Safety supervision scanning	20	20	20	20			20					100
15	Two-person rescue 1 : multiple victims	20			15	20	25	20		15	20	30	135
16	Two-person rescue 2 : submerged victim			20	10	20			15	15	20	30	100
17	Assistant lifeguard situations			20		30		25	20	20	20	30	135
		120	120	120	120	120	120	120	120	120	120	90	1200